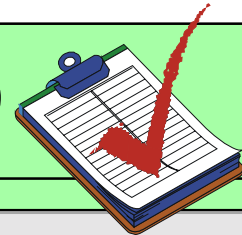


CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

Jan. 22, 2001

NEWS BRIEFS

SELF HELP HEALTH FAIR

A Self-Help Health Fair will be held Feb. 2-3 at Frankfort's Capital Plaza Holiday Inn. The fair will focus on staying healthy through the chronic pain and fatigue of fibromyalgia and other chronic diseases, but there will be something for everyone.

The fair opens Feb. 2 at 7 p.m. with a free seminar on herbal medicine, and will continue 9 a.m. – 5 p.m. on Feb. 3. Exhibitors include the Franklin County Health Department, which will provide free body composition analysis and blood pressure checks Feb. 3.

Health care providers and health product distributors will provide information. Free scoliosis screening for children will be Feb. 3.

For more information, call Linda Burke in Frankfort at 502-695-1556.



TIP OF
THE
WEEK

Physical fitness involves having a healthy heart and lungs, having muscular strength and endurance, and being flexible. The percent of body fat you have also helps determine your level of physical fitness. Keeping your weight down makes it easier to move around during normal activities and helps promote fitness.

CHS Employees Recognized For Money Savings Suggestions

Four CHS employees were recently recognized for making suggestions that saved the state thousands of dollars.

The four received cash awards and were honored during a ceremony for the Employee Suggestion System Dec. 20 with Gov. Paul Patton at the Kentucky History Center.

The four CHS employees honored were:

Joseph Glenn Lewis, supervisor at the vaccine center in Public Health. His suggestion to use the U.S. Postal Service as the return shipper for empty shippers to vaccine centers saved \$44,658 and earned him an award of \$2,500.

Karen Hicks, dietetic administrator at Hazelwood Center. Her suggestion to check with Provider Plus on reimbursement for tube

feeding formulas of Medicare Part B eligible clients saved \$24,116 and earned her an award of \$2,412.

Jane Wilson, a personnel administrator in the Office of Program Support (recently retired). Her suggestion for the Personnel Cabinet to pass the data set for the employee evaluation listing to cabinets and agencies so each agency could update ratings on-line earned her an award of \$100.

Gene Scott Swift, a registered nurse at Central State Hospital. Suggested that exercise bikes replace the spikes used to hold seats in place with keyed padlock to eliminate them being used as weapons earned him an award of \$100.

(Some proposals had savings that were intangible or minimal and did not have an amount given.) ✓



Gov. Paul Patton stands with employees honored Dec. 20 as part of the Employee Suggestion System at the Kentucky History Center.


New Fire Suppression System Protects Records

New fire suppression systems have been installed in two storage areas used for Vital Statistics certificates in the basement of the Human Resources Building.

The new system uses Inergen - a mixture of nitrogen, argon and carbon dioxide. It replaces Halon, which was no longer being made after 1994 because of environmental concerns. People inside the rooms can still breathe if the gas is released to extinguish a fire.

The new systems have been installed in two basement storage areas, one of them new to make more space for certificates. The systems are connected to the building's main fire alarm panel and may also be operated manually.

Vital Statistics has had to come up with new vault space because it houses all the original birth, death, and stillbirth certificates since 1911. The office has also collected over 500,000 birth certificates that were filed for people born prior to 1911. It keeps marriage and divorce certificates from June 1958.

At the end of 1999, Vital Statistics had collected approximately 11.6 million certificates. The two small vaults will probably only handle the records through 2004 or 2005, according to Registrar Sandy Davis. 


Central State Mural Brightens Walls

Some students from the University of Louisville Expressive Therapies Program brightened the lives and living quarters of the Central State's ICF/MR residents recently.

Nevia Brown, Heather Reker, Tara Sorgi and Mary Ellen Peacock, the program instructor, volunteered their time, energy, gas mileage and creativity to paint a mural for the men and women living on the fourth floor of the Bingham Building. The group used about \$50 of materials to fashion a pleasant outdoor scene on the wall of the north wing's day room. Residents seem to be drawn to the bright and uplifting scene.

According to Linda Pendy, director of Staff Development and Training, "This mural was the result of persistence and a *can do attitude*." Pendy heard Peacock

talking at church about her enthusiastic expressive therapies students. So Linda, with thoughts of recommendations by the Joint Commission on Accreditation of Healthcare Organizations to improve the appearance of the fourth floor north living unit by personalizing some of the rooms, approached Peacock to ask about getting help from her students. Peacock agreed and Pendy, with the assistance of Janet Scholl, Central State's business office leader, cleared the administrative hurdle.

The fourth floor residents of the Bingham building now have a nicer place to relax during the day for only the cost of the materials and Pendy's persistence. And, the expressive art therapy students and their instructor have the satisfaction of seeing their talents benefit others. 



This is the mural at Central State's ICF/MR 4th floor that U of L students painted.